

RECIPE & FOOD ALLERGY INDEX

V = Vegan; **EF** = Egg Free; **GF** = Gluten Free;
NF = Tree Nut Free; **PF** = Peanut Free; **SF** = Soy Free

O = Option; **C** = Contains Coconut

RECIPES	PAGE	V	EF	GF	NF	PF	SF
<i>Milking Plants</i>							
Pure Nut Mylk	177	✓	✓	✓		✓	✓
Instant Mylk	178	✓	✓	✓	✓	✓	✓
Mighty Mylk	178	✓	✓	✓		✓	✓
Simply Seed Mylk	179	✓	✓	✓	✓	✓	✓
Healthy Hemp Mylk	180	✓	✓	✓	✓	✓	✓
Organic Soy Mylk	180	✓	✓	✓	✓	✓	
TOFU MYLK	181	✓	✓	✓	✓	✓	
Eye of the Tiger-Nut Mylk	182	✓	✓	✓	✓	✓	✓
Two-Potato Mylk	183	✓	✓	✓	✓	✓	✓
Quick Coconut Milk Beverage	183	✓	✓	✓	C	✓	✓
Clean Rice Mylk	184	✓	✓	✓	✓	✓	✓
CREAM OF RICE CEREAL	184	✓	✓	✓	✓	✓	✓
Unassuming Oat Mylk	185	✓	✓	✓	✓	✓	✓
<i>Cream of the Crop</i>							
Sarah's No-Fuss Coconut Creamer	187	✓	✓	✓	C	✓	✓
Lite Coconut Creamer	187	✓	✓	✓	C	✓	✓
Nice Nut Creamer	188	✓	✓	✓		✓	✓
Happy Hemp Creamer	188	✓	✓	✓	✓	✓	✓
Silken Sour Cream	189	✓	✓	✓	✓	✓	
Sour Cashew Cream	189	✓	✓	✓		✓	✓
Sour Coconut Cream	190	✓	✓	✓	C	✓	✓
Rich Sweetened Condensed Coconut Milk	190	✓	✓	✓	C	✓	✓
Everyday Sweetened Condensed Coconut Milk	191	✓	✓	✓	C	✓	✓
Coconut Crème Fraîche	191	✓	✓	✓	C	✓	✓
Instant Sweetened Condensed Mylk	192	✓	✓	✓	✓	✓	✓
Bakeable Butter	192	✓	✓	✓	C	✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Light Buttery Spread	193	✓	✓	✓	c	✓	✓
Instant Whipped Butter	194	✓	✓	✓	c	✓	✓
<i>Cheesy Alternatives</i>							
Dairy-Free Feta-ish	196	✓	✓	✓	✓	✓	
Almond Ricotta or Baked Feta	196	✓	✓	✓		✓	✓
Tofu Ricotta	197	✓	✓	✓	✓	✓	
Rich & Nutty Ricotta	198	✓	✓	✓		✓	✓
Cashew Cheeze Wheel	198	✓	✓	✓		✓	✓
Cashew Cream Cheeze	199	✓	✓	✓		✓	✓
Seedy Cheeze	200	✓	✓	✓	✓	✓	✓
Cottage-Style Cheeze	201	✓	✓	✓	✓	✓	
Pine Nut Parma Sprinkles	202	✓	✓	✓		✓	✓
Sunflower Grated Parma	202	✓	✓	✓	✓	✓	✓
Sneaky Cheesy Sauce	203	✓	✓	✓		✓	✓
STOVETOP MAC & CHEEZE	203	✓	✓	○		✓	✓
BAKED MAC & CHEEZE	203	✓	✓	○		✓	✓
Easy Orange Cheesy Sauce	204	✓	✓	✓	✓	✓	✓
STOVETOP MAC & CHEEZE	204	✓	✓	○	✓	✓	✓
Melty Mozza Cheeze	205	✓	✓	✓		✓	✓
Sliceable Sandwich Cheeze	206	✓	✓	✓		✓	✓
Powdered Cheeze Mix	207	✓	✓	✓	○	✓	✓
INSTANT CHEEZE SAUCE	207	✓	✓	✓	○	✓	✓
<i>Blends to Brews</i>							
Wild Blue Smoothie	209	✓	✓	✓	✓	✓	✓
The Big Squeeze Smoothie	210	✓	✓	✓	✓	✓	✓
Gingersnap Super Smoothie	210	✓	✓	✓	✓	✓	✓
Just Peachy Power Smoothie	211	✓	✓	✓	✓	✓	✓
Pumpkin Pie Protein Shake	212	✓	✓	✓	✓	✓	✓
PUMPKIN PIE SPICE	212	✓	✓	✓	✓	✓	✓
Chocolate Frostee	213	✓	✓	✓	c	✓	✓
Mocha Frappé-ccino	213	✓	✓	✓	✓	✓	✓
Vanilla Mylkshake	214	✓	✓	✓		✓	✓
Strawberry Mylk	214	✓	✓	✓	✓	✓	✓
Chocolate Mylk	215	✓	✓	✓	✓	✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Instant Vanilla Chai Latte	216	✓	✓	✓	✓	✓	✓
CINNAMON-SPICE CHAI MIX	216	✓	✓	✓	✓	✓	✓
SPICY CHAI MIX	216	✓	✓	✓	✓	✓	✓
Hot Drinking Chocolate	217	✓	✓	✓	✓	✓	✓
Classic Hot Cocoa	218	✓	✓	✓	✓	✓	✓
Toasty Carob Mylk	218	✓	✓	✓	✓	✓	✓
Warming Up to Molasses Mylk	219	✓	✓	✓	✓	✓	✓
<i>Rise & Dine!</i>							
Easy Everyday Blender Waffles	221	✓	✓	✓	✓	✓	✓
Essential Cinnamon-Raisin Granola	222	✓	✓	✓	○	✓	✓
Cultured Coconut Yogurt	223	✓	✓	✓	c	✓	✓
Instant Berry-Banana Yogurt	224	✓	✓	✓	✓	✓	✓
Baked French Toast Sticks	224	○	○	✓	c	✓	✓
NUTTY MAPLE-CINNAMON DIP	225	✓	✓	✓	○	✓	✓
Back to School Breakfast Cookies	226	✓	✓	✓	✓	✓	✓
Dukkah Avocado Toast	227	✓	✓	✓	✓	✓	✓
Pillowly Wholesome Pancakes	228	✓	✓		✓	✓	✓
Eggs Benedict with Blender Hollandaise Sauce	229	○	○	✓	c	✓	✓
In an Instant Oatmeal Packets	230	✓	✓	✓	✓	✓	✓
Best Darn Biscuits & Gravy	231	✓	✓	✓	c	✓	✓
EASY HOMEMADE BREAKFAST SAUSAGE	231	○	✓	✓	✓	✓	✓
Crustless Confetti Mini Quiche	232	✓	✓	✓	✓	✓	
<i>Bakeshop Bites</i>							
Cinn-full Overnight Cinnamon Rolls	234	✓	✓		✓	✓	✓
Bakery-Style Blueberry Muffins	235	○	○		✓	✓	✓
The Most Versatile Muffins	236	✓	✓		✓	✓	✓
Chunky Monkey Muffins	237	✓	✓	✓	✓	✓	✓
Any Day Pumpkin Muffins	238	○	○		✓	✓	✓
Pear-fectly Good Vanilla Muffins	239	✓	✓		✓	✓	✓
My Favorite Maple Bran Muffins	240	✓	✓		✓	✓	✓
Baked Cake Donuts with Maple Icing	240	○	○		c	✓	✓
Raised Glazed Donuts	242	✓	✓		✓	✓	✓
Double Chocolate Scones with Vanilla Glaze	244	✓	✓		c	✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Strawberry Danish Scones	246	✓	✓		c	✓	✓
Flaky French Croissants	248	○	○		✓	✓	✓
<i>Fresh Bread</i>							
Iced Lemon Loaf	251	○	○		✓	✓	✓
Glazed Zucchini-Pineapple Bread	252	✓	✓		✓	✓	✓
Breakfast-Worthy Banana Bread	254	✓	✓		✓	✓	✓
Sarah's Cinnamon Raisin Bread	255	✓	✓		✓	✓	✓
Whole-Grain Sandwich Bread	256	✓	✓		✓	✓	✓
Four-Ingredient Baking Powder Biscuits	258	✓	✓	○	c	✓	✓
Heavenly Honey Wheat Pull-Apart Rolls	260	✓	✓		✓	✓	✓
Speedy Wheat Buns	261	○	○		✓	✓	✓
Simply Slider Buns	262	✓	✓		✓	✓	✓
<i>Snack on This</i>							
Jammin' Grain Bars	264	✓	✓		c	✓	✓
Chewy No-Bake Granola Bars	266	✓	✓	✓	○	✓	✓
Chocolate, Nuts & Sea Salt Nice Bars	267	✓	✓	✓		✓	✓
Chocolate Peanut Butter Oat Cups	268	✓	✓	✓	✓	○	✓
Pineapple-Coconut Protein Bites	269	✓	✓	✓	c	✓	✓
Power Fudgies	270	✓	✓	✓	✓	✓	✓
Apple a Day "Donuts"	270	✓	✓	✓	c	✓	✓
Chocolate Pistachio Figs	271	✓	✓	✓	○	✓	✓
Pinwheels	272	✓	✓	✓	✓	✓	✓
Un-Sushi Snackers	273	✓	✓	✓	✓	✓	✓
Five-Minute Nachos	274	✓	✓	✓		✓	✓
Please Pass the Cheeze Popcorn	275	✓	✓	✓	✓	✓	✓
PERFECT STOVETOP POPCORN	275	✓	✓	✓	✓	✓	✓
Easy Cheesy Crackers	276	✓	✓	✓	✓	✓	✓
Garlic & Herb Baby Cheezes	277	✓	✓	✓		✓	✓
<i>Lay It on Thick</i>							
Pizza Dip	279	✓	✓	✓	○	✓	✓
Baba Ghanoush	280	✓	✓	✓	✓	✓	✓
Rawesome Nut Dip	281	✓	✓	✓		✓	✓
Super Spinach & Artichoke Dip	282	✓	✓	✓		✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Company's Coming Nacho Dip	283	✓	✓	✓	○	✓	✓
Buttery Carrot Spread	283	✓	✓	✓	c	✓	✓
Fresh Strawberry Chia Jam	284	✓	✓	✓	✓	✓	✓
Rockin' Raspberry Chia Jam	284	✓	✓	✓	✓	✓	✓
Five-Star Ranch Dressing or Dip	285	✓	✓	✓	✓	✓	✓
Japanese Restaurant-Style Dressing	286	✓	✓	✓	✓	✓	✓
Dreamy Honey Dijon Dressing	286	✓	✓	✓		✓	✓
All-in Asian Dressing or Dip	287	✓	✓	✓	✓	✓	
Kickin' Chipotle Dressing	288	✓	✓	✓	✓	✓	✓
Balsamic Tahini Dressing	288	✓	✓	✓	✓	✓	✓
<i>Soup for the Soul</i>							
Classic Condensed Cream of Mushroom Soup	290	✓	✓	✓	✓	✓	✓
Healthy Condensed Cream of Chicken Soup	291	✓	✓	✓		✓	✓
Roasted Eggplant & Tomato Soup	292	✓	✓	✓	✓	✓	✓
Curried Cauliflower Bisque	293	✓	✓	✓	✓	✓	✓
GARAM MASALA	293	✓	✓	✓	✓	✓	✓
Light Vichyssoise	294	✓	✓	✓	✓	✓	✓
Comforting Corn Chowder	295	✓	✓	✓	c	✓	✓
Cream of Asparagus Soup	296	✓	✓	✓	✓	✓	✓
African Peanut Stew	297	✓	✓	✓	✓	✓	✓
Mexican Bean Soup	298	✓	✓	✓	✓	✓	✓
Warming Winter Squash Soup	299	✓	✓	✓	✓	✓	✓
Hearty Mushroom Barley Stew	300	✓	✓	○	✓	✓	✓
Creamy Potato Miso Soup	301	✓	✓	✓	✓	✓	✓
Cheesy Broccoli Soup	302	✓	✓	✓		✓	✓
<i>Pizza Night</i>							
White Cheeseless Pizza	304	✓	✓	○		✓	✓
Roasted Ratatouille Pizza	304	✓	✓	○	✓	✓	✓
Cheesy Pepperoni Pizza	306	✓	✓	○	✓	✓	✓
Thai Chick-Un Pizza	307	✓	✓	○	✓	○	✓
Pesto Polenta Pie	308	✓	✓	✓	c	✓	✓
Personal Portobello Pizzas	309	✓	✓	✓	✓	✓	
No-Rise Pizza Crust	310	✓	✓		✓	✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Ancient Grain Pizza Crust	311	✓	✓		✓	✓	✓
Gluten-Free Classic Pizza Crust	312	✓	✓	✓	✓	✓	✓
Roasted Tomato Pizza Sauce	313	✓	✓	✓	✓	✓	✓
Creamy Garlic Pizza Sauce	314	✓	✓	✓		✓	✓
Avocado Pesto Pizza Sauce	314	✓	✓	✓	C	✓	✓
Thai Peanut Pizza Sauce	315	✓	✓	✓	✓	O	✓
<i>So Many Pasta-bilities</i>							
Greek Pasta Salad	318	✓	✓	✓	✓	✓	
Portobello-Ricotta Ravioli	318	✓	✓		✓	✓	O
Almost Too Easy Alfredo	320	✓	✓	✓		✓	✓
Pasta Primavera	321	✓	✓	✓	✓	✓	✓
Creamed Spinach Pasta	322	✓	✓	✓		✓	✓
Homemade Cheeze Tortellini	323	✓	✓		✓	✓	✓
Spaghetti X's & O's	324	✓	✓	✓	✓	✓	✓
Shells 'n' Butternut Bake	324	✓	✓	✓		✓	✓
Brazilian-Style Stroganoff	326	✓	✓	✓		✓	✓
Sesame Soba Noodles with Kale	327	✓	✓	✓	✓	✓	✓
Chinese Five-Spice Noodles	328	✓	✓	✓	✓	✓	✓
Lasagna Béchamel	329	✓	✓	✓	✓	✓	✓
Very Veggie Lasagna	330	✓	✓	✓	O	✓	O
<i>More Marvelous Mains</i>							
Paleo Eggplant Cannelloni with Fresh Tomato-Basil Sauce	333	✓	✓	✓		✓	✓
Guacamole Enchiladas in Red Sauce	334	✓	✓	✓	✓	✓	✓
Mushroom & Sage Stuffed Bell Peppers	335	✓	✓	✓	✓	✓	✓
Rustic Roasted Eggplant Puttanesca	336	✓	✓	✓	✓	✓	✓
Deconstructed Falafel Bowls with Tahini Sauce	337	✓	✓	✓	✓	✓	✓
Lentil Curry in a Hurry	338	✓	✓	✓	C	✓	✓
Tofu Saag Paneer	339	✓	✓	✓	C	✓	
Power Stir-Fry	340	✓	✓	✓	O	✓	
Hawaiian Teriyaki Bowls	341	✓	✓	✓	✓	✓	✓
Grilled Cheeze Sandwiches	342	✓	✓	✓	O	✓	✓
Build Your Own Taco Bar	342	✓	✓	✓	✓	✓	✓
EASY GUACAMOLE	343	✓	✓	✓	✓	✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Sweet Potato & Black Bean Taquitos	344	✓	✓	✓	✓	✓	✓
Veggie Tostadas with Avocado Crema	345	✓	✓	✓	C	✓	✓
Warm Sides							
Bring on the Bok Choy	347	✓	✓	✓	✓	✓	✓
Kale & Sweet Onion Sauté	348	✓	✓	✓	✓	✓	✓
Broccoli Dijon	348	✓	✓	✓	✓	✓	✓
Creamy Cauliflower Gratin	349	✓	✓	✓	✓	✓	✓
Mashed Potatoes & Miso-Mushroom Gravy	350	✓	✓	✓	✓	✓	✓
Anytime Oven-Roasted Potatoes	352	✓	✓	✓	✓	✓	✓
Seasoned Oven Fries	353	✓	✓	✓	✓	✓	✓
Roasted Sweet Potato & Greens Salad	354	✓	✓	✓	✓	✓	✓
Blackstrap Barbecue Beans	355	✓	✓	✓	✓	✓	✓
Spanish-Style Barley	356	✓	✓		✓	✓	✓
Creamy Poblano Baked Risotto	356	✓	✓	✓	C	✓	✓
Multi-Grain Pilaf	357	✓	✓	✓	✓	✓	✓
The Cookie Jar							
Never Enough Chocolate Chip Cookies	359	✓	✓		✓	✓	✓
Coffeehouse Cookies	360	✓	✓		✓	✓	✓
Soft and Chewy Oatmeal Cookies	361	✓	✓		✓	✓	✓
Maple Pumpkin Spice Cookies	362	✓	✓		✓	✓	✓
Fudge Brownie Cookies	363	✓	✓	O	✓	✓	✓
Girl Scout Caramel Delight Cookies	364	✓	✓		C	✓	✓
Raw Cookie Dough Bites	365	✓	✓	✓		✓	✓
Enchanted Bars	366	✓	✓	✓	C	✓	✓
Chia Berry Crumb Bars	367	✓	✓	✓	✓	✓	✓
O'Henry Bars	368	✓	✓	✓	✓	✓	✓
Fabulous Fudge Brownies	368	O	O	✓	✓	✓	✓
Lemon Streusel Squares	370	✓	✓		C	✓	✓
Take the Cake							
Banana Crumb Coffee Cake	373	✓	✓		✓	✓	✓
Sweet Apple Snackin' Cake	374	✓	✓		✓	✓	✓
Yellow Birthday Cake	374	O	O		✓	✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Pineapple Upside-Down Cake	376	○	○		✓	✓	✓
Simply Wonderful White Cake	377	✓	✓		✓	✓	✓
Chocolate Wacky Cake	378	✓	✓		✓	✓	✓
Carrot Spice Cupcakes	378	○	○	○	✓	✓	✓
Orange Chocolate Chunk Cupcakes	380	✓	✓		✓	✓	✓
Chocolate Mug Cake	381	✓	✓		✓	✓	✓
Vanilla Mug Cake	382	✓	✓		✓	✓	✓
Mini Berry Cheezecakes	383	✓	✓	✓		✓	✓
Whipped Vanilla Icing	384	✓	✓	✓	✓	✓	✓
Cream Cheeze Frosting	384	✓	✓	✓	Ⓢ	✓	✓
Buttercream Frosting	385	✓	✓	✓	✓	✓	✓
Peanut Butter Fudge Frosting	386	✓	✓	✓	✓	○	✓
Fudgy Chocolate Frosting	386	✓	✓	✓	✓	✓	✓
Dark Chocolate Ganache Frosting	387	✓	✓	✓	✓	✓	✓
Butterless Spice Frosting	388	✓	✓	✓		✓	✓
<i> pudding, Mousse & Pie, Oh My!</i>							
Double Chocolate Pudding	391	✓	✓	✓	✓	✓	✓
Buttahscotch Pudding	392	✓	✓	✓	✓	✓	✓
Versatile Vanilla Pudding	393	✓	✓	✓	✓	✓	✓
Creamsicle Chia Pudding	394	✓	✓	✓	Ⓢ	✓	✓
Chocolate-Covered Banana Mousse	395	✓	✓	✓	✓	✓	
Death by Chocolate Mousse	396	✓	✓	✓	Ⓢ	✓	✓
Key Lime Mousse Pie	397	✓	✓	✓	Ⓢ	✓	✓
Crazy for Coconut Cream Pie	398	✓	✓	✓	Ⓢ	✓	✓
Maple & Brown Sugar Apple Crisp	399	✓	✓	✓	✓	✓	✓
Easy Peasy Pie Crust	400	✓	✓		✓	✓	✓
Cookie Crumb Crust	401	✓	✓	✓	✓	✓	✓
<i>Ice Cream Social</i>							
Purely Vanilla Ice Cream	403	✓	✓	✓	✓	✓	✓
Chocolate Puddin' Pop Ice Cream	404	✓	✓	✓	Ⓢ	✓	✓
Fresh Strawberry Ice Cream	405	✓	✓	✓	Ⓢ	✓	✓

RECIPES	PAGE	V	EF	GF	NF	PF	SF
Very Cherry Nice Cream	405	✓	✓	✓	○	✓	✓
Peanut Butter Parad-Ice Cream	406	✓	✓	✓	○	✓	✓
Snickerdoodle Cashew Ice Cream	407	✓	✓	✓		✓	✓
Tropical Coconut Ice Dream	408	✓	✓	✓	○	✓	✓
Mint Stracciatella	409	✓	✓	✓	○	✓	✓
Decadent Dark Chocolate Sorbet	410	✓	✓	✓	✓	✓	✓
Oatmeal Cookie Ice Cream Sandwiches	410	✓	✓	✓	✓	✓	✓
Mango-Orange Sherbet Bars	412	✓	✓	✓	○	✓	✓
Piña Colada Pops	412	✓	✓	✓	○	✓	✓
Fruit 'n' Cream Pops	413	✓	✓	✓	○	✓	✓
Chocolate Magical Shell	414	✓	✓	✓	○	✓	✓
Peanut Butter Magical Shell	414	✓	✓	✓	○	✓	✓
Hot Fudge Sauce	415	✓	✓	✓	○	✓	✓
Sweet & Silky Butterscotch Sauce	415	✓	✓	✓	○	✓	✓
Sweet Everythings							
Chocolate-Dipped Coconut Crispy Cups	419	✓	✓	✓	○	✓	✓
Irresistibly Easy Buckeyes	420	✓	✓	✓	✓	✓	✓
Anytime Truffles	420	✓	✓	✓	○	✓	✓
Fabulous Fudge Bites	421	✓	✓	✓	○	✓	✓
Dulce de Coco	422	✓	✓	✓	○	✓	✓
Goes-with-Everything Chocolate Ganache	423	✓	✓	✓	○	✓	✓
Cool Whipped Coconut Cream	424	✓	✓	✓	○	✓	✓
Fruit Whip	425	✓	✓	✓	○	✓	✓
Cocoa Whip	425	✓	✓	✓	○	✓	✓
Quick Chocolate Chunks	426	✓	✓	✓	✓	✓	✓
Mylk Chocolate	427	✓	✓	✓	○	✓	✓
White Chocolate	428	✓	✓	✓	○	✓	✓
Peanut Butter Chips	429	✓	✓	✓	✓		✓
No-Bake Crumble Topping	430	✓	✓	✓		✓	✓